

ABSTRACT OF THE DISCLOSURE

A synchronizing mechanism for office chairs comprises a base carrier, a backrest carrier, and a seat carrier, which are coupled to one another via corresponding joints. A spring arrangement to actuate the synchronizing mechanism consists essentially of helical compression springs disposed parallel to the longitudinal seat direction flat underneath the seat carrier, wherein for each helical compression spring a counter-bearing extension arm is provided, a front end of which is articulated to the base carrier and a rear-facing end of which, freely projecting, forms a counter bearing for a rear support of the helical compression spring, and wherein the at least one helical compression spring is supported in each case with its front end on a counter bearing formed on the seat carrier.